



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, March 2014)

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### 110393 - PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Grains/Breads</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>These whole grain pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The pancakes meet the HealthierUS School Challenge whole grain criteria.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>12 lb case.</li><li>One 12 lb case AP yields about 144 pancakes and provides about 72 servings (2 pancakes = 1 serving) or about 48 servings (3 pancakes = 1 serving).</li><li>CN Crediting: 1 Whole grain pancake provides 1 oz eq of Grains.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store frozen whole grain pancakes at 0°F or below in original shipping case off the floor.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>

#### Whole grain pancake

	1 pancake (32 g)	2 pancakes (65 g)
Calories	80	160
Protein	1.7 g	3.3 g
Carbohydrate	13.7 g	27.3 g
Dietary Fiber	1.0 g	2.0 g
Sugars	3.3 g	6.7 g
Total Fat	2 g	4.0 g
Saturated Fat	0.33 g	0.66 g
Trans Fat	0 g	0 g
Cholesterol	3.3 mg	6.7 mg
Iron	0.2 mg	0.4 mg
Calcium	26.5 mg	40 mg
Sodium	130 mg	260 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0 mg	0 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Follow manufacturer's directions on package.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>The whole grain pancake or in convection, conventional, or microwave oven. It may also be heated in a slot toaster; however, frozen pancake may require more than one toasting cycle. For best results do not use griddle to heat.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>Visually inspect for presence of foreign substances, insects, or molds before use.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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